

CBT-I Resources

November 2017

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Resources for you

- Morin CM, and Espie C. *Insomnia: A Clinical Guide to Assessment and Treatment*. 2003. Springer.
- Perlis, Jungquist, Smith and Posner. *Cognitive Behavioral Treatment of Insomnia*. 2008 Springer.
- Lacks P. *Behavioral Treatment for Persistent Insomnia*. 1987 Pergamon.
- Canadian Sleep Society. *Insomnia Rounds*.
www.insomniarounds.ca
12 articles by Canadian sleep experts.
- National Sleep Foundation. sleepfoundation.org/

CBT-I Training

Colleen Carney at Ryerson
drcolleencarney.com

Judith Davidson at Queen's
sinkintosleep.com

Canadian Sleep Society
css-scs.ca

Fri. Dec. 1, 2017
Providence Care Hospital - Founders Hall

This insomnia workshop is designed especially for the primary health care professional. All sections of the agenda are interactive, guaranteed to keep everyone awake! If you are a physician, nurse practitioner, mental health counselor, psychologist, pharmacist, nurse or other health professional who wishes to provide effective treatment for insomnia (the most common sleep disorder) then, this program is for you.



Dr. Judith R. Davidson

*Ph.D., C. Psych., Psychologist, formerly of the Kingston Family Health Team
Somnologist (ESRS), Behavioural Sleep Medicine & Adjunct Associate
Professor, Psychology and Oncology, Queen's University, Kingston*



Dr. David Gardner

*PharmD, MSc, Professor of Psychiatry & Pharmacy, Dalhousie
University, Halifax*

Program Topics & Speakers

- Welcome - Dr. Eva Purkey
- Insomnia Assessment And Treatment Overview - *Dr. Judith R. Davidson*
- CBT-I: Sleep Scheduling - *Dr. Judith R. Davidson*
- CBT-I: Calming The Racing Mind And Providing CBT-I - *Dr. Judith R. Davidson*
- Medications & Insomnia Management - *Dr. David Gardner*
- Applying The Strategies To Your Setting: Addressing Your Questions - *Dr. Judith R. Davidson & Dr. David Gardner*
- Driving Home The Highlights - *Dr. Judith R. Davidson*

See You There!

\$210 for Physicians
\$150 for Psychologists, Social Workers, Mental Health
Counsellors and Other Health Professionals
\$90 for Pharmacists, Residents, Graduate Students of
Clinical Psychology

**Meals included*

Fri. Dec. 1, 2017 9:00am - 4:00pm
Providence Care Hospital - Founders Hall
752 King Street West, Kingston, ON K7M2G4

Register Online:
<https://healthsci.queensu.ca/insomnia2017>

Resources for the person with insomnia

Website

- Sleep Well Nova Scotia. Dr. David Gardner, Dalhousie University <http://sleepwellns.ca>

Books

- Davidson J. *Sink into Sleep. A Step-by-Step Workbook for Reversing Insomnia*. 2013 Demos. Sinkintosleep.com
- Carney C and Manber R. *Quiet your Mind and Get to Sleep: Solutions to Insomnia for those with Depression, Anxiety or Chronic Pain*. 2009. New Harbinger.
- Silberman S. *The Insomnia Workbook*. 2009. New Harbinger.

Resources for the person with insomnia

Internet CBT-I

- Sleepio \$149 for 12 week access, or \$24 per week
- SHUT-I \$129 for 16 week access

App

- CBT-i Coach (Stanford and US Dept of Veterans Affairs)

Training of Graduate Students

Sleep courses

- Science of sleep, psychology of sleep
- Behavioural sleep medicine

Clinical training

- Practica
- University-based clinics
- Internship placements